



PSYCHOLOGICAL SERVICES AGREEMENT

DR. AUBREY'S QUALIFICATIONS

Dr. Kate Aubrey completed her Ph.D. in Clinical Psychology at Dalhousie University in 2013. She has extensive training in clinical psychology and works with children, adolescents, and adults. Her strengths-based and interactive approach to psychotherapy draws from a variety of theoretical perspectives, including cognitive-behavioural, interpersonal, and problem-focused models. Dr. Aubrey works collaboratively with her clients to develop an integrated approach to treatment that is tailored to the particular goals and interests of her clients. She also conducts assessments with youth and adults who are struggling to meet the demands of school or work.

The **College of Psychologists of British Columbia** regulates psychology in BC, and Dr. Aubrey is a registrant of the College. Her registration number is 2170. If you have concerns about her practice, talk with her first and if you remain unsatisfied you may contact the College. For further information go on-line to www.collegeofpsychologists.bc.ca

DR. AUBREY'S PRACTICE

Dr. Aubrey is an independent practitioner and she alone is fully responsible for services provided. Her professional records are private and no one can have access to them without your written consent.

PSYCHOLOGICAL SERVICES

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and client, and the particular concerns you have. Dr. Aubrey may use multiple methods to help you. Psychotherapy calls for a very active effort on your part.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience.

Your first session will involve an evaluation of your needs. By the end of the evaluation, Dr. Aubrey will be able to offer you some first impressions and a treatment plan to follow. You should evaluate this information along with your own opinions of whether you feel comfortable working with Dr. Aubrey. If you have questions about Dr. Aubrey's procedures, you should discuss them with her whenever they arise. If you are unsatisfied, Dr. Aubrey will be happy to help you set up a meeting with another mental health professional for a second opinion. You are free to bring your therapy to an end at any time.



APPOINTMENTS

Appointments are **50 minutes** in duration and occur approximately every two weeks or an agreed upon time.

BILLING AND PAYMENTS

The hourly fee is **\$190.00**. In addition to weekly appointments, Dr. Aubrey charges for other services (**\$47.50 per 15 minute increment**). Other services include report writing, telephone consults, attendance at meetings with other professionals you have authorized, preparation of records or treatment summaries, or other time she spends performing other services you may request.

PROFESSIONAL FEES

Clients typically pay for each session when they come in. If your account has not been paid for more than 60 days and arrangements for payment have not been agreed upon, Dr. Aubrey has the option of using legal means to secure the payment. This may involve hiring a collection agency or going through Small Claims Court. If such legal action is necessary, its costs will be included in the claim.

In order to set realistic treatment goals and priorities, it is important to evaluate what resources you have available to pay for your treatment. If you have a health insurance policy it will usually provide some coverage for mental health treatment. Dr. Aubrey will fill out forms and provide you with whatever assistance she can in helping you receive the benefits to which you are entitled; however, you are ultimately responsible for full payment of fees.

CONTACTING DR. AUBREY

Dr. Aubrey's days are very full. If you have issues that you wish to discuss with her between sessions, she asks that you make an appointment to see her. **If you are in crisis between sessions, you should call 911; see your family physician immediately; or go to the nearest emergency room at your local hospital.**

LIMITS ON CONFIDENTIALITY

Dr. Aubrey treats, with great care and respect, all the information that you share with her during sessions. It is your legal right that her records about you be kept confidential. This privacy is also protected by the ethics of the psychology profession. There are a few situations, however, in which your confidentiality may not be protected. These include but are not limited to:

1. Dr. Aubrey's records could be subpoenaed and/or she could be asked to testify in court;
2. If you make a serious threat to harm yourself or another person, the law requires Dr. Aubrey to try to protect you or that other person. This usually means telling others about the threat, for example, the police, or a parent;
3. If Dr. Aubrey believes that a child has been, or will be, abused or neglected, she is legally required to report this to authorities;
4. If some or all of your therapy is being covered by an insurance company, Dr. Aubrey may be obliged to provide basic information to them (for example, the dates we have met; presenting problems; a treatment plan and possibly your progress).

Dr. Aubrey may also consult with other therapists or professionals. This helps her to give you high-quality treatment. Your name will never be used in these consultations.